

Term 3 2020 Week 1 – Menu may change due to availability of ingredients Special dietary needs are being met.

	Breakfast	Beverages	Fruit and Vegetables	Middle	Beverages	5pm snack	Evaluation & Variation
Monday	Pupil Free Day						
Tuesday	Multigrain toast - Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk	A variety of Seasonal fruit and vegetables. Always red and green apples.	Garlic Bread and a variety of cold meats, salad and cheeses.		Fruit Rice crackers	
Wednesday	Raisin Toast - Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk	A variety of Seasonal fruit and vegetables. Always red and green apples.	Hot Dogs on bread with tomato and mustard sauce. Vegetarian option.	Water	Fruit Pretzels	
Thursday	Yoghurt (low fat vanilla or mango) and fruit Rice bubbles Cornflakes Weetbix	Water/Low fat Milk	A variety of Seasonal fruit and vegetables. Always red and green apples.	Naan bread and an assortment of dips and vegetables.	Water	Fruit Popcorn	
Friday	Crumpets - Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk	A variety of Seasonal fruit and vegetables. Always red and green apples.	Vegetarian spring rolls, rice and sweet chilli sauce.	Water	Fruit Corn chips (plain)	

Term 3 2020 Week 2 – Menu may change due to availability of ingredients. Special dietary needs are being met.

	Breakfast	Beverages	Fruit and Vegetables	Middle	Beverages	5pm snack	Evaluation & Variation
Monday	Multigrain Toast - Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk	A variety of seasonal fruit and vegetables. Always red and green apples.	Sandwiches - multigrain and white bread, chicken and avocado, vegemite, cheese, tuna mayonnaise and cucumber, honey, margarine	Water	Fruit Rice crackers	
Tuesday	English muffins - Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk	A variety of seasonal fruit and vegetables. Always red and green apples.	Sausage Sizzle. Beef or vegetarian sausages with tomato sauce Multigrain and white bread	Water	Fruit Oreo's	A filling afternoon tea to give us lots of energy to play. Children's request
Wednesday	English Muffins - Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk	A variety of seasonal fruit and vegetables. Always red and green apples.	Lebanese Bread – white and wholemeal with falafel, hommus and vegetables. This is a favourite with all age groups.	Water	Fruit Rice crackers	
Thursday	Spaghetti toasties - Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk	A variety of seasonal fruit and vegetables. Always red and green apples.	K,1 and 3 Pasta Bake. Tomato based pasta bake with cheese on top. Cheese free option. 2,4,5,6 Simple sandwiches Honey, vegemite, cheese, devon and tomato sauce	Water	Fruit Popcorn	
Friday	Yoghurt (low fat vanilla or mango) and fruit bowl - Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk Fruit smoothies	A variety of seasonal fruit and vegetables. Always red and green apples.	2,4,5,6 Pasta Bake. Tomato based pasta bake with cheese on top. Cheese free option. K,1 and 3 Simple sandwiches Honey, vegemite, cheese, devon and tomato sauce	Water	Fruit Pretzels	A nice warm afternoon tea in the cooler weather.

Term 3 2020 Week 3 Menu may change due to availability of ingredients. Special dietary needs are being met.

	Breakfast	Beverages	Fruit and Vegetables	Middle	Beverages	5pm snack	Evaluation & Variation
Monday	Cheese toasties Rice bubbles Cornflakes Weetbix	Water/Low fat Milk	A variety of seasonal fruit and vegetables. Always red and green apples.	Rice cakes, various flavors with a choice of toppings. Cheese, chicken and vegetables	Water	Fruit Rice crackers	
Tuesday	English muffins - Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk	A variety of seasonal fruit and vegetables. Always red and green apples.	Sandwiches multigrain and white bread, chicken and avocado, vegemite, cheese, tuna mayonnaise and cucumber, margarine.	Water	Fruit Oreos	
Wednesday	- Banana Bread Specially made at OOSH. -Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk Fruit Smoothies	A variety of seasonal fruit and vegetables. Always red and green apples.	Nachos – Preservative/colouring free. corn chips, grated cheese, beef mince and passata sauce. Vegetarians can omit beef mince	Water	Fruit Rice cakes	
Thursday	Yoghurt (low fat vanilla or mango) and fruit bowl. Rice bubbles Cornflakes Weet bix	Water/Low fat Milk	A variety of seasonal fruit and vegetables. Always red and green apples.	Fried rice. Plain basmati rice cooked with soy sauce, peas and corn. Plain rice also available.	Water	Fruit Corn chips (plain)	
Friday	Crumpets Rice Bubbles Weetbix Cornflakes	Water/Low fat Milk	A variety of seasonal fruit and vegetables. Always red and green apples.	Sandwiches multigrain and white bread, chicken and avocado, vegemite, cheese, tuna mayonnaise and cucumber, ham and cheese.	Water	Fruit Pretzels	

